

31<sup>ST</sup> MAY  
WORLD  
**NO TOBACCO**  
DAY

QUIT BEFORE IT'S TOO  
**LATE**



**PATEL HOSPITAL**  
A Project of Patel Foundation

[www.patel-hospital.org.pk](http://www.patel-hospital.org.pk)

## LETTER TO THE EDITOR

Dear Editors,

I am privileged to share my views for Patel Insight, a great way to reach all the stakeholders and keep them up to date with various remarkable events of the hospital, shine spotlight on new projects, give well-being advice and encourage social advocacy.

I have recently joined Patel Hospital's family and I applaud your team for their commendable endeavor in creating a clear, concise yet well-expressed publication.

Hospital workforce is overwhelmed by constant departmental communications, research work, new regulations, processes, social media plus their work and home life that leave many staffers feeling underwater; I would like to suggest addition of patient testimonials and continuation in featuring positive stories. When staff see their work impacting lives, it can help make their jobs more meaningful.

Regards

**Dr. Sara Batool**  
HOD Quality Management

## WELCOME ABOARD

**Around 77 new members have been added to the Patel Hospital's Family in last 3 months.**

Mr. Waqar ul Haq (Assistant Manager, Human Resource)  
Dr. Erum Bano (Sr. Registrar, Gynae & Obs)  
Dr. Mirza Muhammad Ali Ahmed (Registrar, Orthopaedics)  
Dr. Kanya Lal (Registrar, Eye Unit)  
Dr. Saliha Bano (Registrar, Emergency)  
Dr. Hana Rehman (Registrar, Eye Unit)  
Mr. Shafique Alam Naich (Oracle DBA, IT)  
Mr. Malik Usama Waheed (System & Network Administrator, IT)  
Ms. Afshan (Nursing Instructor, PINAHS)  
Mr. Imtiaz Ahmed (NES Instructor, Nursing Education Services)  
Mr. Usama Naseem (HR Executive, Human Resource)  
Ms. Rida Abrar (HR Executive, Human Resource)  
Ms. Anum Hashmi (Quality Officer, Quality Management)  
Ms. Aleena Siddiqui (QM Officer, Quality Management)  
Ms. Saima Haroon (PRO, Quality Control)

## CONGRATULATIONS ON PROMOTIONS

We would like to congratulate our following team member on their recognition and best wishes for more success in future.

Mr. M. Farhan Asadi (Director, CRD)  
Mr. Qasim Suleman, (Manager Business & Resource Development, CRD)  
Syed Adnan Fazal (Deputy Manager Corporate Affairs, CRD)  
Mr. Muhammad Arsalan (Assistant Manager Corporate Affairs, CRD)  
Ms. Huma Qadeer (Assistant Manager, Quality Management)  
Dr. Rabia Hasan (Sr. Registrar, Gynae & OBS)  
Mr. Muhammad Amir (Supervisor Telephone Exchange, CRD)  
Ms. Atiya Rahman (Sr. Marketing Executive, CRD)  
Ms. Sana Ikhlaiq (Sr. Executive Corporate Affairs, CRD)  
Mr. Muhammad Raza Ali (Sr. Corporate Officer, CRD)  
Mr. Muhammad Kazim (Corporate Officer, CRD)  
Ms. Amna Ejaz (Lab Technologist, Laboratory)

## EDITORIAL BOARD

**Dr. Ayesha Khalil**  
Consultant, Medicine

**M. Farhan Asadi**  
Director, CRD Department

**Shabana Tabassum**  
Head, HIMS

**Muhammad Malik**  
Asst. Manager Communication  
& Product Development

## CREATIVE TEAM

**Atiya Rahman**  
Sr. Marketing Executive

**Furqan Aqil**  
Graphics Designer





## HARMFUL EFFECTS OF TOBACCO



Smoking is the commonest form of tobacco consumption all around the world since centuries and has been associated significantly with cancers related to lungs, throat and other parts of body due to different carcinogens present in tobacco. However in last few decades the consumption of smokeless tobacco (SLT) has significantly increased. In Southeast Asia it is available in different chewable forms like Gutka, Mawa, Mainpuri and Niswar etc. SLT contains carcinogens other than tobacco as well and with increasing use of these products the incidence of mouth cancer has risen enormously in this part of the world.

In Pakistan mouth (oral) cancer stands at number one position among all cancers in males and is second only to breast cancer in females. People who use SLT may consume these addictive substances as a hobby or to relieve anxiety, but unfortunately they are actually adding up further problems. Oral cancer is a challenging and expensive disease. Furthermore, Sindh unfortunately lacks the infrastructure and facilities to cater to the surgical, radiation and rehabilitation requirements of these patients and they end up with Hakeems and Quacks. The early stage disease which can be treated successfully thus turns into advance stage. Unawareness and taking advice from friends and acquaintances who are not trained health professionals is another factor which causes a significant delay in definitive treatment leading to the advance stage presentation of these patients. Adding to this is the myth that a "biopsy will worsen or spread the cancer if cut with a metal" due to which many patients delay their diagnosis by refusing the biopsy.

Prevention is the best cure. While mouth and throat cancer may occur in patients without these habits as a hereditary disease, the incidence is significantly lower. It is therefore imperative to avoid using these addictive substances derived from tobacco and chalia (betel nut) to avoid this devastating disease. Early diagnosis and treatment is the second most important aspect as the treatment success is highly dependent on early intervention. The disease recurrence is as low as 10% in early stage with single modality and it can be as high as 70% in advance stage with multiple modalities involved (surgery, radiotherapy and chemotherapy).

It is the need of time for institutes and government to take immediate and concrete measures to halt the use of these tobacco related addictive substances to save our people and coming generations. All private sector institutes especially should put a complete ban on use of SLT and should arrange counselling and screening checkups for affected or at-risk employees.

Pregnancy is one of the most emotionally and physically challenging experience in a woman's life. During those nine months they go through a plethora of life altering conditions. It is of utmost importance, that they are provided with optimal healthcare during this period.

There are certain myths in our society which are widespread regarding Pregnancy. These myths can cause a woman to take wrong steps towards taking care of themselves and their babies, that's why it is important that they are well aware of these myths and act accordingly.

**If you don't eat well in the first three months of pregnancy, the baby will be affected - False!**

It is difficult to eat well in the first few months of pregnancy. The sudden surge of estrogen in the body causes nausea. It is best to eat whatever you are able to keep down. You need not worry about nutritious value at this time. Eat small quantities frequently and avoid oily, highly spiced food. Some women cannot stand the smell of dairy products in the first few months of pregnancy. It is not harmful to avoid milk and curds at this time. Once your appetite returns to normal, you can start eating nutritiously.



**Myth: Morning sickness only happens in the morning False!**

Nausea (and/or vomiting) during pregnancy can occur at any time of the day, due to changes in your hormones. For most women, it's more common in the morning and begins to improve after 3 months. But for some women, it's different.



**You should not eat papayas, mangoes or pineapples because they may cause a miscarriage - False!**

As mentioned earlier, a miscarriage occurs because there is usually an abnormality in the fetus. A miscarriage is nature's way of preventing the further growth of an abnormal baby.



**You Shouldn't Exercise While Pregnant - False!**

Exercise is good for you and your baby, but you may need to make a few modifications. Aerobic(walking) and strength-training exercises are recommended as long as you don't have any complications or health issues. Exercise helps you stay in shape. It can also help ease pain and prepare you for childbirth.

**Disclaimer:** The abovementioned information is not in any way an alternate to Doctor Consultation and Medical Care.





## COCHLEAR IMPLANT

Patel Hospital's Cochlear Implant Program is working exclusively for selected patients with hearing loss to help them for the surgery which costs more than Rs. 2 million. This was made affordable for the deserving patient, as Patel Hospital provided financial support to the family for the surgery. Alhumdullila the surgery went uneventfully and implant was switched on after 6 weeks and patient is now on speech therapy with our dedicated Speech Therapist. The family of Hamayl is happy and satisfied and we all hope that from now onwards Hamayl will develop a normal speech and hence will serve the society as a responsible member In'Sha'Allah".



## NEW PUBLIC CAFETERIA

We are contented to launch our New Cafeteria which was inaugurated by our Chairman alongside honorable Trustees. This new cafeteria is established to provide convenience and great ease to the attendants and other visitors. Ensuring the hygiene is vital at our Cafeteria because good hygiene in hospitals plays a vital role. Better dining facility and expanded menus with a variety of healthier and fresher choices are also available to delight our staff, patients and visitors.



## COVID-19 VACCINATION CENTRE

The World has recently been a witness to one of the most devastating pandemics in the history of humankind. Covid-19 has caused the world to literally stop functioning normally. This pandemic has taken around 3.9 million lives all around the world including Pakistan.

All over the world wearing masks, maintaining a social distance, using hand sanitizers and last of all imposing lockdowns to counter the spread of this pandemic have become the new norm, but the eventual long-term solution for this pandemic is the administration of vaccines.

Like most of the world, Pakistan has also started its vaccination drive and sooner rather than later it has shown results in curbing the spread of Covid-19 in the Country. We are now witnessing the positivity rate as low as 2% among the tested group.

This successful vaccination drive wouldn't have been possible without public private partnership.



One such success story of this partnership is Patel Hospital. Our Hospital have done the following to ensure the smooth operations of the Vaccination drive and help the government to flatten the curve:

- ▶ State of the Art, newly established COVID -19 Vaccination centre.
- ▶ Provision of the dedicated team to run the operations of this centre, efficiently.
- ▶ Trainings including vaccine administration, infection prevention, control measures, NIMS software, line list Information, cold chain requirement (storage) & handling and soft skills were arranged in order to fully prepare the staff for all the possible situations.

The Team is working very hard to administer more than 200 doses per day to the incoming people in a comfortable and convenient environment. We are providing the shots of Sinopharm, Sinovac, Astrazenaca and CanSino vaccines. All the relevant departments pitched in to contribute towards the successful and uninterrupted operations of this vaccination centre including: Operations, Quality, Communication & Resource Development (CRD), OPD, Human Resources and Medical Director's office.

We are proud to support our government and do our bit to fight this pandemic. We aim to continue this fight with the same determination and passion InshaAllah.





CME on Diabetes  
and Ramadan

CME on Ear  
deformities from  
birth till adulthood  
by Dr. Arsalan



Short Course on  
Biomedical Ethics



Workshop  
on ACLS



**WE HELP IN BRINGING**

**APPROXIMATELY**

**2000+ NEW LIVES**

**INTO THIS WORLD**

**EVERY YEAR.**

**OBS & GYNAECOLOGY  
DEPARTMENT**

**“We Deliver Happiness”**

**20+ YEARS OF  
TRUST**

**For Appointment:**

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